



**PHYSICAL THERAPY  
& PERFORMANCE CENTER**  
AT THE CARDINAL ORTHOPAEDIC INSTITUTE

## The Back School

Nearly 80% of all Americans will experience back problems at some point in their lives. If you're one of them, go back to school and learn the basics of back care at the Physical Therapy & Performance Center.

Introducing an individualized and comprehensive approach to the management and treatment of back-related issues.



### Free Community Class:

Join us at one of our FREE community classes where our team of physical therapists and physicians will educate participants about back pain and how postures and daily activities can both result in and alleviate this pain.

Discussion points:

- Standing posture
- Proper foot wear
- Sitting posture, including proper work station ergonomics
- Lifting mechanics

To view a list of times and locations, or register for the next class, call (614) 545-7910 or visit [www.cardinalortho.com/physical](http://www.cardinalortho.com/physical).

### Ongoing Therapy Program:

Your physician may refer you directly into our ongoing therapy program at the Physical Therapy & Performance Center, where our team of therapists will evaluate your needs and provide you with an individualized plan of care.

Our therapists and trainers have specialized training to address a range of needs from ergonomics and posture to the McKenzie method of mechanical diagnosis and therapy. You can be assured that our therapists work hand-in-hand with our orthopaedic physicians to outline your treatment plan.

All therapy takes place at the Physical Therapy & Performance Center, located on the main level of The Cardinal Orthopaedic Institute's Gahanna/Reynoldsburg office. The Center includes an aquatic therapy pool; functional, cardio and strength-training areas; private treatment rooms for therapy and massage; and locker rooms with shower facilities.

If you are interested in scheduling an evaluation for ongoing therapy at the Physical Therapy & Performance Center, call (614) 545-7910 or visit [www.cardinalortho.com/physical](http://www.cardinalortho.com/physical).

## Specialized Physician Care:

If your condition requires the attention of a physician, you need look no further than The Cardinal Orthopaedic Institute's team of orthopaedic and pain management specialists.

To schedule an appointment with one of our physicians, call (614) 545-7900 or visit [www.cardinalortho.com](http://www.cardinalortho.com).

### Meet our specialists

**Derek Snook, M.D.**, The Cardinal Orthopaedic Institute

Dr. Snook, a board-certified orthopaedic surgeon, specializes in neck and spine including cervical, thoracic and lumbar conditions. He received his medical degree from Indiana University School of Medicine and completed his residency at Akron General Medical Center. He also completed fellowship programs at Seton Medical Center in San Francisco and the San Francisco Spine Institute.

**David Hannallah, M.D.**, The Cardinal Orthopaedic Institute

Dr. Hannallah, a board-certified orthopaedic surgeon, specializes in all aspects of spine surgery with a special emphasis on cervical and thoracic stenosis, cervical and thoracic myelopathy, cervical radiculopathy, lumbar stenosis, disc herniations, scoliosis, spine tumors and trauma/fracture care.

He graduated magna cum laude from Brown University with a degree in physics and earned his medical degree with honors from Washington University School of Medicine in St. Louis. He also holds a master's degree in biomedical engineering. He completed his orthopaedic surgery residency at the University of Pittsburgh and has also completed a combined orthopaedic and neurosurgery spine fellowship at the prestigious Rothman Institute at Thomas Jefferson University Hospital in Philadelphia.

**Brandon Thompson, M.D.**, Pain Management Associates, Inc.

Dr. Thompson completed his undergraduate studies at DePauw University and received his medical degree from Indiana School of Medicine. He did his residency at The Ohio State University Department of Physical Medicine. Dr. Thompson is board certified in both Physical Medicine and Rehabilitation and Electrodiagnostic Medicine. His areas of interest include spine disorders, minimally invasive spine procedures, sports medicine and electrodiagnostic medicine.

**Robert Hall, M.D.**, Pain Management Associates, Inc.

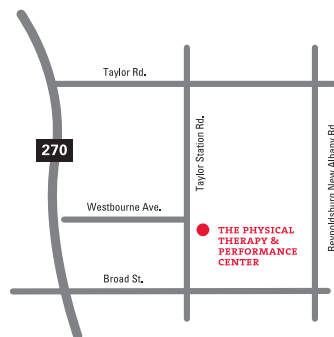
Dr. Hall completed his undergraduate studies and attended medical school at The Ohio State University. He did his residency in the Department of Physical Medicine and Rehabilitation at The Ohio State University Medical Center. He is both board certified in Physical Medicine and Electrodiagnostic Medicine. His areas of interest include electrodiagnostic medicine and musculoskeletal medicine.

## Why The Cardinal Orthopaedic Institute?

Everything you need to care for your back is conveniently located under one roof- non-surgical pain management and rehabilitation, physical therapy, and surgical procedures ranging from the routine to the complex.

The Cardinal Orthopaedic Institute is the largest orthopaedic practice in central Ohio, offering five convenient locations and 22 board-certified orthopaedic surgeons, including: general orthopaedists and fellowship-trained specialists in neck and spine, hand and upper extremity, foot and ankle, total joint replacement and reconstruction, sports medicine, knee and shoulder.

The Physical Therapy & Performance Center at The Cardinal Orthopaedic Institute is a comprehensive 12,000 sq. ft. facility specializing in joint replacement therapy, spine therapy, sports-specific rehabilitation, aquatic therapy, massage therapy and post-operative care.



[www.cardinalortho.com](http://www.cardinalortho.com)